

ABSTRACT

The present invention refers to play and training equipment. The equipment is mainly intended to be used at playgrounds and the like places but may also find use at many other locations. An equipment according to the invention comprises at least one post or preferably two or more posts which are erected in vertical direction. Between the posts or a post and the ground or other support there are one or more movable elements or units, the movements of which are dampened or suppressed and of limited extension by connectors having internal bushings and which mount the units to the posts.